



Analysis of the military's perception of PTSD

- Cyprus -

PTSD



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Introduction

Post-traumatic stress disorder (PTSD) is a serious mental health problem that can affect people who have experienced a traumatic event. Military members are at risk of developing PTSD because they are exposed to traumatic events during their service. It is in this context that we have constructed this questionnaire to assess the military's perception of PTSD and to identify their needs and concerns in this regard. The analysis of the questionnaire can provide valuable information on how the military perceives and addresses the issue of PTSD and can help improve interventions and treatments for them.



Results of the Analysis of the Military's Perception of PTSD - Cyprus

Question 1. Do you know information about post-traumatic stress in the military?

Answer options: YES/ NO

The following responses were recorded

70% of the participants chose the YES answer option;

30% of the participants chose the NO answer option.

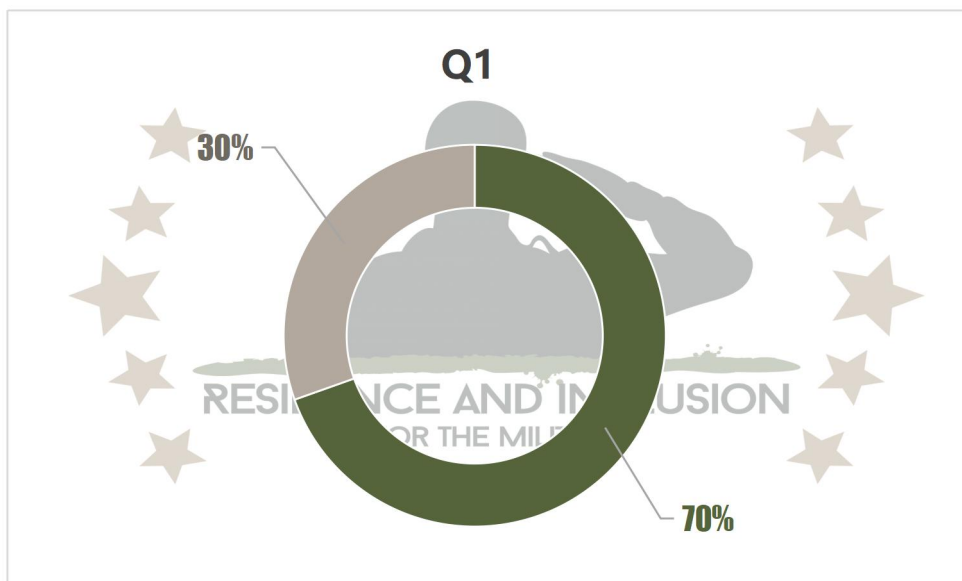


Figure 1. Knowledge about post-traumatic stress disorder

Interpret

In this survey, active military, veterans, and servicemen with disabilities were asked if they know information about post-traumatic stress in military personnel. The participants had two answer options: YES and NO.

The results of the survey are as follows:

- 70% of the participants chose the YES answer option, which means that a majority of them know information about post-traumatic stress in the military.

- 30% of the participants chose the NO answer option, which means that a smaller part of them do not know information about this topic.

Therefore, in this survey, the majority of active military, veterans, and servicemen with disabilities are familiar with post-traumatic stress in military personnel, while a minority do not know information on this topic.

Question 2. If you answered YES, specify what you know about post-traumatic stress disorder in the military.

He had the following answer options: open answers.

The following answers were recorded: 70% of the participants gave explanations and 30% of the participants did not answer this question.

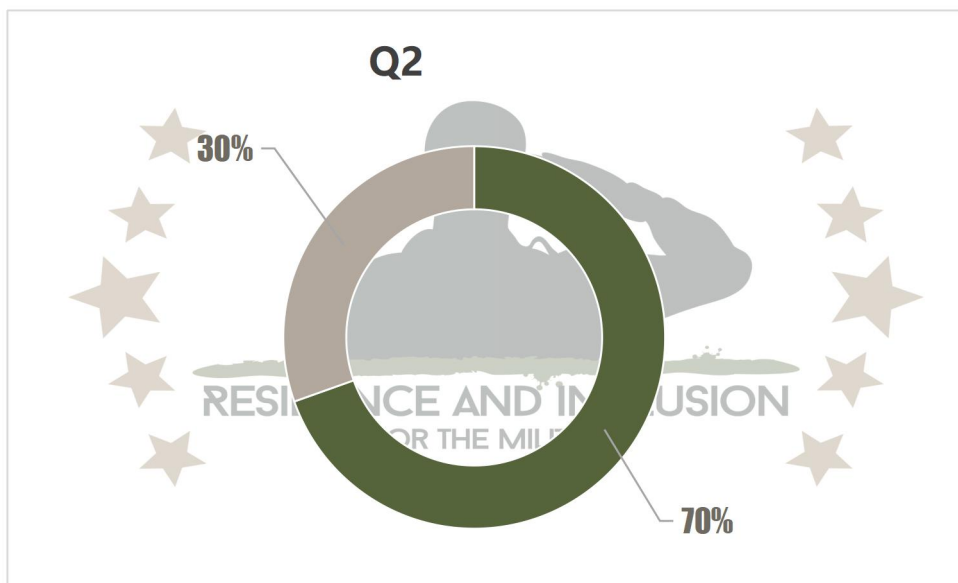


Figure 2. What participants know about post-traumatic stress

Interpret

In this case, the survey aimed to find out more details about the participants' knowledge about post-traumatic stress in the military, after they answered affirmatively to the previous question. Participants were asked to provide open-ended answers, that is, to share the information they know in their own words, without predefined options.

The results for this question are as follows:

- 70% of active military, veterans and military members with disabilities provided explanations about what they know about post-traumatic stress in military personnel. This means that most of those who answered YES to the previous question shared their knowledge about the topic.
- 30% of the participants did not answer this question, even though they selected the YES option to the previous question. The reasons why they didn't respond can vary, such as lack of time, confidentiality of information, or not understanding the question.

These results indicate that a significant portion of active military, veterans, and military members with disabilities who stated that they knew about post-traumatic stress in military personnel were willing to share information on this topic. However, some of them chose not to answer the open-ended question.

Here are some examples of answers:

1. *Post-traumatic stress disorder in military personnel often occurs after soldiers have been exposed to traumatic or violent situations during military missions, such as fighting, terrorist attacks, or natural disasters. Symptoms may include nightmares, intrusive memories of traumatic events, and increased anxiety.*
2. *Post-traumatic stress disorder (PTSD) in the military is an anxiety disorder that can occur after a person has been exposed to a traumatic event. Soldiers may experience symptoms such as avoidance of places or people that remind them of trauma, hypervigilance, and difficulty concentrating.*
3. *I know that post-traumatic stress in the military is a common problem among veterans, and that it manifests itself through symptoms such as nightmares, flashes, anxiety, and depression. They also know that treatment may include therapy, medication, and support groups.*

4. *Post-traumatic stress disorder in military personnel is a condition that affects people who have experienced traumatic experiences during military service, such as violence, war, or the loss of comrades. This can lead to emotional and relationship problems, as well as mental health problems such as anxiety and depression.*

Question 3. Do you know the symptoms of post-traumatic stress?

Answers: YES/NO

The following answers were recorded: 70% of the participants answered with YES; 30% of the participants answered NO.

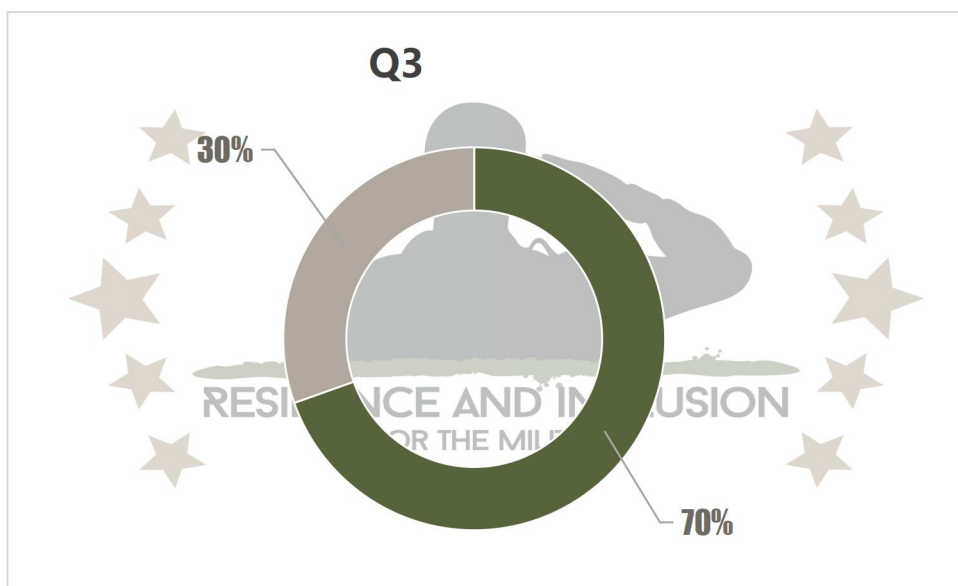


Figure 3. About the symptoms of post-traumatic stress disorder

Interpret

In this survey, participants were asked if they knew the symptoms of post-traumatic stress. The participants had two answer options: YES and NO.

The results of the survey are as follows:

- 70% of the participants chose the YES response option, which means that a majority of them are familiar with the symptoms of post-traumatic stress.
- 30% of the participants chose the NO response option, which means that a smaller part of them do not know the symptoms of post-traumatic stress.

These results indicate that most participants are aware of the symptoms of post-traumatic stress, while a minority are unfamiliar with these symptoms.

Question 4. If you answered YES, specify what you know about the symptoms of post-traumatic stress.

The answer options have been opened.

The following answers were recorded: 65% of the participants answered this question; 35% of the participants did not answer this question.

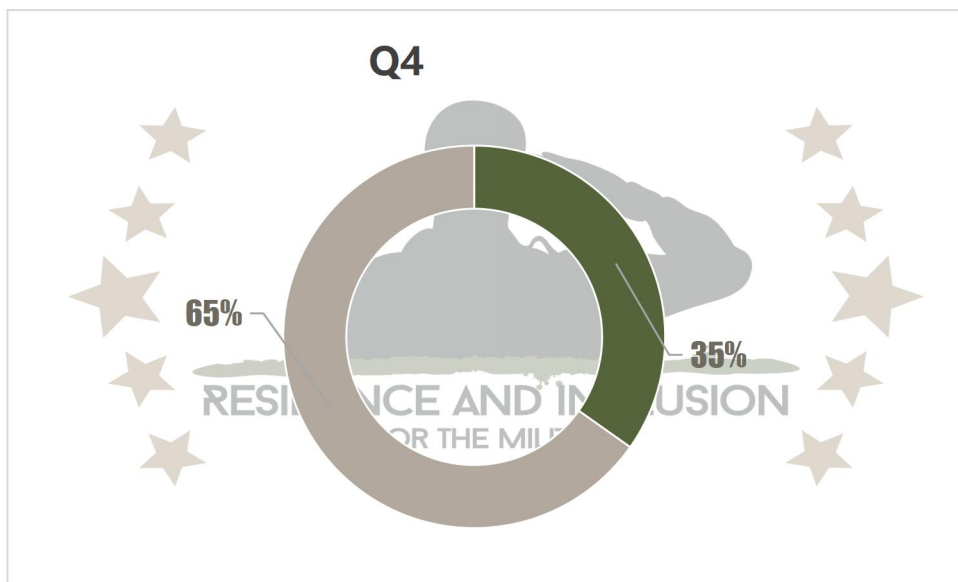


Figure 4. Symptoms of post-traumatic stress

Interpret

In this case, the survey aimed to find out more details about the participants' knowledge about the symptoms of post-traumatic stress, after they answered affirmatively to the previous question. Participants were asked to provide open-ended answers, that is, to share the information they know in their own words, without predefined options.

The results for this question are as follows:

- 65% of participants provided answers about what they know about the symptoms of post-traumatic stress. This means that most of those who answered YES to the previous question shared their knowledge about the symptoms of post-traumatic stress.
- 35% of the participants did not answer this question, even though they selected the YES option to the previous question. The reasons why they didn't respond can vary, such as lack of time, confidentiality of information, or not understanding the question.

These results indicate that a significant portion of participants who stated that they were aware of the symptoms of post-traumatic stress disorder were willing to share information on this topic. However, some of them chose not to answer the open-ended question.

Here are some examples of answers:

- *Symptoms of post-traumatic stress include nightmares, unpleasant or intrusive memories related to the traumatic event, avoidance of situations that remind them of the trauma, changes in emotional state, and hypervigilance.*
- *Some symptoms of post-traumatic stress disorder are: anxiety, depression, irritability, sleep problems, difficulty concentrating, unexpected emotional outbursts, and re-experiencing the traumatic event through flashes or intrusive thoughts.*
- *I know that post-traumatic stress disorder manifests itself through symptoms such as nightmares, intrusive memories of traumatic events, avoidance of situations that remind them of the trauma, changes in appetite or sleep, and increased hypervigilance or irritability.*
- *Symptoms of post-traumatic stress disorder may include intrusive thoughts and memories related to the traumatic event, nightmares, avoidance of places or people that remind them of the trauma, difficulty concentrating, mood swings, and a constant sense of being in danger.*

Question 5. Have you heard or seen colleagues who have or have had post-traumatic stress disorder?

Answer options: YES/NO.

The following answers were recorded: 83% of the servicemen chose the YES option and 17% of the servicemen chose the NO option

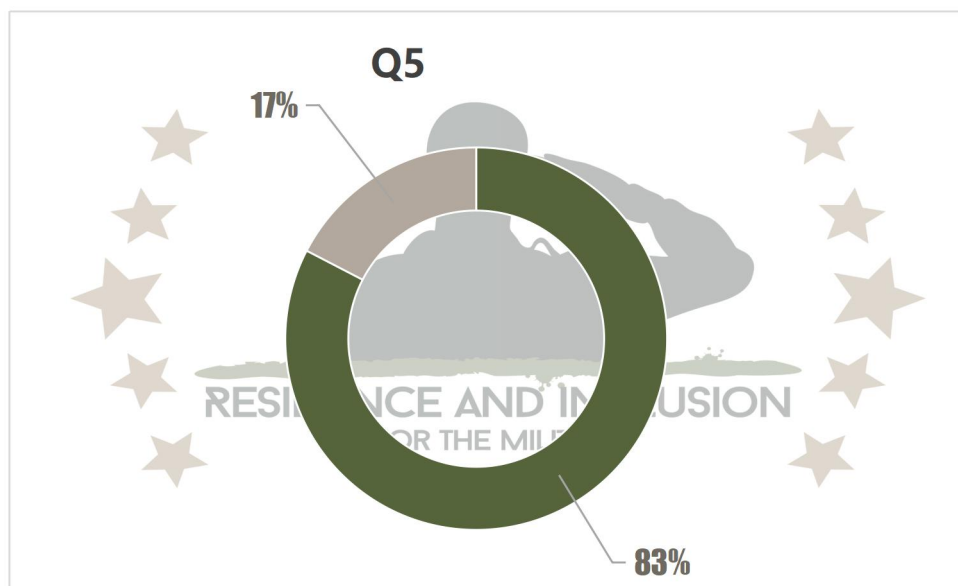


Figure 5. If they have seen colleagues who have suffered or are suffering from post-traumatic stress

Interpret

In this survey, participants were asked whether they had heard or seen peers who had or have post-traumatic stress disorder. The participants had two answer options: YES and NO. The results of the survey are as follows:

83% of the military chose the YES answer option, which means that a significant majority of them have heard or seen colleagues who have had or have post-traumatic stress disorder.

17% of the military chose the NO answer option, which means that a smaller part of them did not meet colleagues who had or have post-traumatic stress disorder.

These results indicate that the majority of military personnel participating in the survey had experiences or knowledge about colleagues who had or have post-traumatic stress disorder, while a minority did not. This underscores the fact that post-traumatic stress disorder is a common and relevant problem among the military.

Question 6. Do you have a psychologist to talk to when you need it?

Answers: YES/NO

The following answers were recorded: 76% of the people chose the YES option and 22% chose the NO option

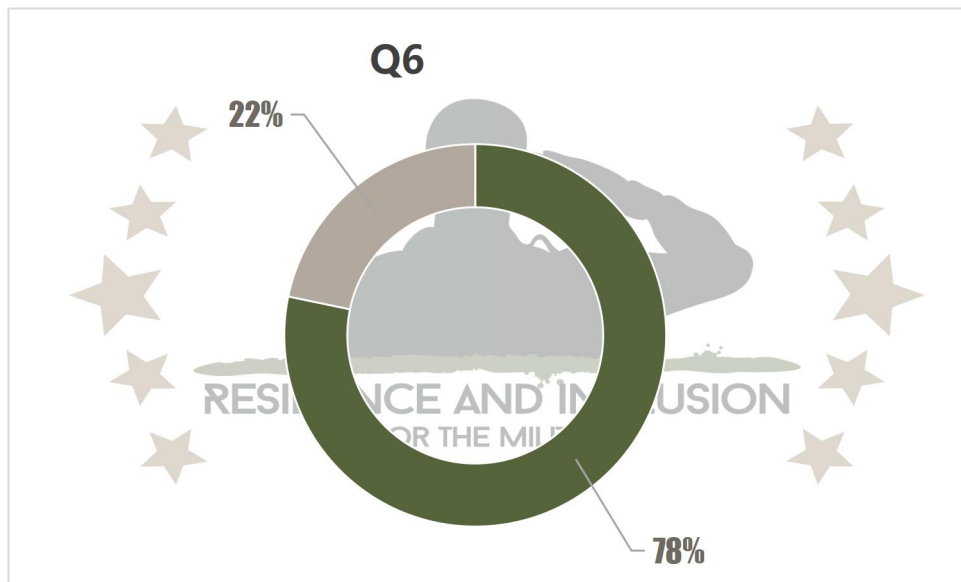


Figure 6. A psychologist to talk to

Interpret

In this survey, participants were asked if they had a psychologist to talk to when they needed it. The participants had two answer options: YES and NO.

The results of the survey are as follows:

76% of people chose the YES answer option, which means that most participants have a psychologist available to talk to when they need it.

22% of people chose the NO answer option, which means that some of the participants do not have a psychologist to talk to when they need it.

These results indicate that most participants have access to the necessary psychological support when they need it, while a minority do not benefit from this type of support.

Question 7. Would it be helpful to have a psychologist to talk to from time to time about post-traumatic stress?

Answer options: YES/NO.

The following answers were recorded: 100% of people chose the YES option;

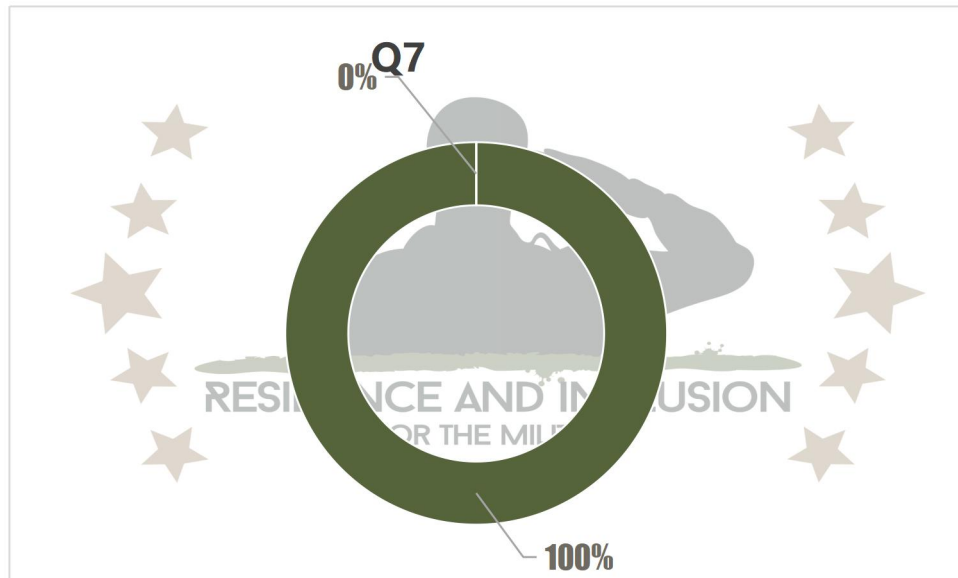


Figure 7. The usefulness of a psychologist to talk to

Interpret

In this survey, participants were asked whether it would be helpful to have a psychologist to talk to from time to time about post-traumatic stress. The participants had two answer options: YES and NO.

The results of the survey are as follows:

100% of people chose the YES answer option, which means that all survey participants believe that it would be useful to have a psychologist with whom to talk about post-traumatic stress.

These results indicate that there is a unanimous consensus among participants on the importance of having access to psychological support in managing and addressing post-traumatic stress. This underlines the need to ensure adequate resources and support for people facing this problem.

Question 8. Would it be useful to have a guide manual, in which you have information about post-traumatic stress?

Answer options: YES/NO.

The following answers were recorded: 100% of people chose the YES option.

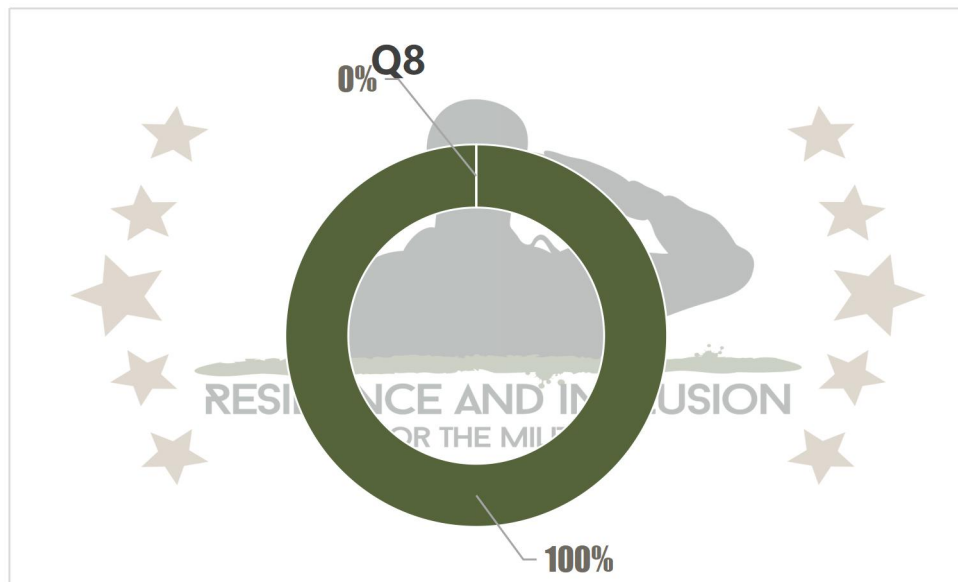


Figure 8. The usefulness of a guide manual on post-traumatic stress

Interpret

In this survey, participants were asked whether it would be useful to have a guide manual in which to find information about post-traumatic stress. The participants had two answer options: YES and NO.

The results of the survey are as follows:

100% of people chose the YES answer option, which means that all survey participants believe that it would be useful to have a guide manual with information about post-traumatic stress.

These results indicate that there is a unanimous consensus among participants on the importance and usefulness of a guide manual that provides information about post-traumatic stress. This suggests that it would be beneficial to create and distribute such informative materials to help people experiencing post-traumatic stress disorder or to educate those interested in the topic.

Question 9. Would it be helpful to have an app that informs you what PTSD means, what the symptoms are, how it manifests itself, how it can be managed, and other information about PTSD?

Answer options: YES/NO.

The following answers were recorded: 100% of people chose the YES option.

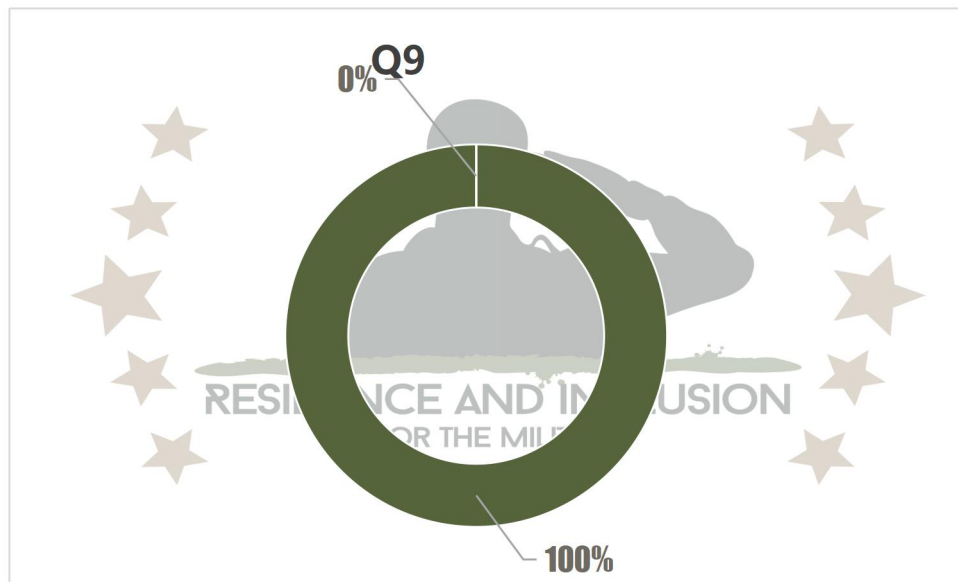


Figure 9. Usefulness of the app

Interpret

In this survey, participants were asked whether it would be useful to have an app that provides them with information about post-traumatic stress, including symptoms, manifestations, management strategies, and other relevant information. The participants had two answer options: YES and NO.

The results of the survey are as follows:

100% of people chose the YES answer option, which means that all survey participants believe that it would be useful to have an app that provides them with information about post-traumatic stress.

These results indicate that there is a unanimous consensus among participants on the importance and usefulness of an app that provides information about post-traumatic stress. This suggests that developing and distributing such an app could be beneficial for people experiencing post-traumatic stress or to educate those interested in the topic.

It is very encouraging to hear that the participating military members were delighted with the usefulness of the application and expressed their agreement for the "Resilience and Inclusion for the Military" project. This positive feedback highlights the importance of providing accessible and inclusive resources to address issues related to post-traumatic stress disorder and mental health among military personnel.

The fact that the app can be useful for people with disabilities who cannot physically go to a psychologist is a significant advantage of the project. This underlines the importance of developing solutions that take into account the diverse needs and circumstances of military personnel, ensuring that everyone has access to adequate support and resources.

In conclusion, the positive feedback and recognition of the usefulness of the application and the "Resilience and Inclusion for Military Personnel" project demonstrate that such initiatives can have a significant impact on the mental health and well-being of military personnel, regardless of their personal situation or possible disabilities.

Question 10. What else do you think would be useful to know about post-traumatic stress in the military?

He had open-ended answers.

The following responses were recorded: 87% of participants answered this question; 13% did not answer.

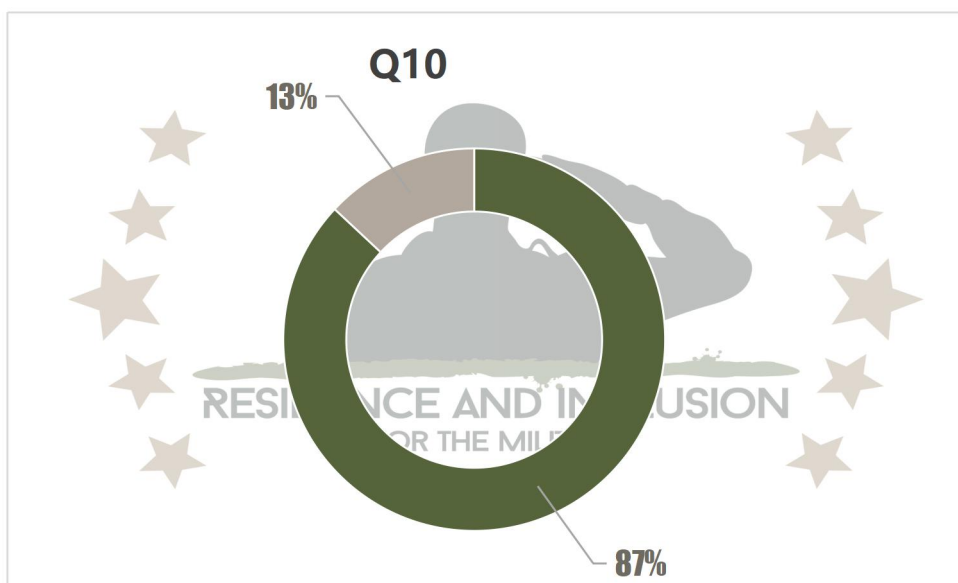


Figure 10. Additions to the information on post-traumatic stress

Interpret

The results of the survey are as follows:

87% of participants answered this question, which means that most participants had opinions or ideas about what would be useful to know about post-traumatic stress in the military.

13% of the participants did not answer this question, which indicates that some of them did not have specific opinions or did not want to answer.

Here are some answers:

- *Effective strategies and techniques for managing post-traumatic stress specific to military personnel that take into account their unique experiences and circumstances.*
- *Prevention and early intervention programs to reduce the risk of developing post-traumatic stress disorder among military personnel.*
- *How to recognize the signs and symptoms of post-traumatic stress in colleagues or subordinates and how to provide appropriate support.*
- *The role of commanders and management staff in promoting mental health and addressing post-traumatic stress among their subordinates.*
- *Resources and support programs available for military members experiencing post-traumatic stress, including therapy, support groups, and specialized medical services.*
- *How to encourage open discussion and reduce the stigma associated with post-traumatic stress disorder and overall mental health among the military.*
- *Case studies and examples of servicemen who have successfully managed post-traumatic stress disorder and improved their mental health and quality of life.*

Final conclusions and recommendations for research in Cyprus

Conclusions

The results of the study indicate a high level of awareness and knowledge of post-traumatic stress among participating military personnel.

Most active military members, veterans, and military members with disabilities recognize the usefulness of a guide manual and app that provides information about post-traumatic stress disorder and supports military members facing the issue.

The military appreciated the idea of the "Resilience and Inclusion for Military" project and believes that an accessible app and resources are important to help those with disabilities or who cannot physically go to a psychologist.

There is significant interest in learning more about post-traumatic stress in military personnel and strategies for managing it.

Recommendations

- Developing a guide manual and app that provides information about post-traumatic stress, its symptoms, management strategies, and support resources for military personnel.
- Implementation of the "Resilience and Inclusion for Military personnel" project, taking into account the positive feedback and diverse needs of military personnel, including those with disabilities.
- Create prevention and early intervention programs to reduce the risk of developing post-traumatic stress among military personnel and provide support to those who face this problem.
- Encouraging an open culture and dialogue among military personnel on mental health and post-traumatic stress disorder to reduce stigma and promote access to support.
- Providing training and resources for commanders and management staff to help them recognize and address mental health issues among their subordinates, including post-traumatic stress.
- Analysis of individual responses to the question "What do you think would be more useful to know about post-traumatic stress in the military?" to identify specific concerns and needs so that you can develop appropriate resources and programs to meet these requirements.

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